

Finger Lakes Trail 2010 Spring Meeting
Hosted by Genesee Valley Hiking Club
Alfred University, Alfred, NY
May 21-23, 2010

Highlights

Guided hikes – FLT Maps 7, 8, 9 and L1, from easy to strenuous
 Friday and Saturday evening programs
 FLT store open all weekend – purchase maps, t-shirts, hats, logo clothing, patches, and other items.
 For more information, please contact Ron Navik ron.navik@frontiernet.net (phone 585-377-1812)

Schedule of Events

Friday May 21 Alfred University / Powell Campus Center

11:00 Registration table open
 12:00 Noon Hikes Depart
 6:00 - 7:30 Dinner – Powell Dining Hall
 7:30 – 8:30 Evening Program – History of Stonybrook Park by Paul Hoffman - Nevins Theater in Powell Campus Center

Saturday, May 22 Alfred University

7:00 – 8:30 Breakfast – Powell Dining Hall/pick up trail lunches
 9:00 - 9:30 Hikes depart
 3:00 – 4:00 FLTC Annual Membership Meeting – Powell Campus Center
 4:00 - 5:00 FLTC Board Meeting – Powell Campus Center, all are welcome
 5:30 – 7:00 Dinner – Powell Dining Hall
 7:00 – 7:30 FLTC Program - Welcome, announcements and awards – Nevins Theater
 7:30 – 8:30 Evening Program – Letchworth Park History: A wild, forested river gorge with a man-made marvel at each end by Irene Szabo - Nevins Theater in Powell Campus Center

Sunday May 23 Alfred University

7:00 – 8:30 Breakfast – Powell Dining Hall/pick up trail lunches
 9:00 – 9:30 Hikes Depart

Directions to Alfred University

From I-86 (NY 17), take exit 33. Follow signs for the University and Rt 21 South. Take Rt 21 South until Rt 244 West into Alfred. Follow Rt 244 until Main St. (Rt 12). Stay straight on Main St into the village. Turn left on Saxon Drive, then take first left on Park St, and check in at the Powell Campus Center Building.

Lodging Options

Traditional Residence Hall room @ \$48/person/for the weekend (Fri & Sat). Bring your own sleeping bag or linens, pillow, and towel. Bring a fan if temperatures are hot, as there is no air conditioning.

Camping is available at the University's Foster Lake camping area, about 3 miles from the main campus at \$10/person/night.

Saxon Inn (on campus) \$79/room/night. Contact Saxon Inn directly (607-871-2600) and give them group name: Finger Lakes Trail Conference, and the group number: #521, in order to get this special reduced rate.

Econo Lodge – 7462 Seneca Rd., North Hornell, NY 14843 607-324-0800. 15 min north of Alfred

Day's Inn – Rt 36 and Rt 17, North Hornell, NY 14843 607-324-6222. 15 min north of Alfred

Meals

Cafeteria Plan \$55.00/person Includes Friday dinner, Saturday breakfast, trail lunch, and dinner, Sunday breakfast and trail lunch. Children aged 4-9 are half price.

Several Restaurants are also available nearby in Alfred and Almond.

Other Information

Parking is ok for the weekend in any legal parking spot on campus, whether it is labeled faculty/staff, student or visitor parking, as long as you are not blocking a fire lane.

Smoking is not permitted in any University Buildings

Alcoholic beverages may only be consumed in dorm rooms.

Pets, skateboards, in-line skates, and/or rollerblades are not allowed anywhere on the University Campus.

Hike Schedule

Please use letter designations when registering for hikes. All hikes depart from the Powell Campus Center Building.

Friday, May 21

- A. FLT Map M-8 Access 3 to 5, 6.5 miles from Swain to Slader Creek Rd. Moderate. First half is relatively flat, mostly old rail bed, then follow a rocky creek bed up beautiful Garwoods gully, with great views from the top, ending with a long downhill. 12 Noon
- B. Letchworth Branch of FLT Access A to D. 6.5 miles. Moderate. Start at junction with Genesee Valley Greenway in Mt. Morris, hike past great views of the gorge and dam. First of 3 hikes to complete the branch trail this weekend. 12 Noon.

Saturday, May 22 (Hikes C, E, F, and H return by 3 PM for annual meeting)

- C. FLT Map M-7 Access 4 to 2. 5.3 miles. Moderate. Start at Fox Hill Rd., with a long downhill to beautiful Keshauqua Creek, then go through a combination of woods and field edges, ending on Short Tract Rd. 9:15 AM
- D. Letchworth Branch of the FLT Access G to M, 9 miles. Moderate to strenuous. This is the southern most part of the Letchworth Branch and has great views of the gorge, high falls and the railroad high bridge. Goes through the "slide area" which will be muddy and uneven. Second of 3 hikes to complete the branch trail this weekend 9 AM
- E. Stonybrook Park. 7 miles. Moderate to strenuous. Another beautiful, but lesser known gorge, near Dansville. Big uphill near the beginning of the hike followed by level and downhill hike. 9:15 AM
- F. Alfred. 3 miles Easy. Check out the interesting historical areas of Alfred and Alfred University
Note: 1 PM Start.
- G. FLT Map M-8 Access 1 to 3. 7.9 miles. Strenuous. Starting at Fox Hill Rd., the trail follows parallel to State Rt 70, crossing numerous steep sided gullies, to Swain. 9 AM

- H. FLT Map M-8 Access 3-4 and part of new Robinson Loops Trail. 4 miles. Easy. Trail follows old rail bed east from Swain, and returns on part of the Robinson Loops Trail. 9:30 AM
- I. FLT Map M-9 Bush Rd. (Access 4) to Map M-8, Swain. 12.3 miles Moderate to Strenuous. Starts with a road walk, but continues through some beautiful State Forest Land. Several large hills. 9 AM

Sunday, May 23

- J. Letchworth Branch of the FLT Access D to G. 9 miles. Moderate to Strenuous. This is the middle section of the Letchworth Branch, with many gully crossings and some views of the gorge. Final of 3 hikes to complete the branch trail this weekend. 9 AM
- K. FLT Map M-7 Access 1 to 2, 5.9 miles. Moderate. Cross the Genesee River at Whiskey Bridge and eventually climb the east side of the valley to beautiful views overlooking a large meandering oxbow on the river. Trail continues past the Hesse Lean-to, site of the Wally Wood (FLT founder) stone monument, and on to Short Tract Rd. 9:15 AM
- L. FLT Map M-9 Access 1 to 4, 6.9 miles. Moderate to Strenuous. Start at Slader Creek Rd. and climb up to the State Forest Land and hike through beautiful forests to Bush Rd. 9:15 AM
- M. Letchworth Park Falls Hike, 5 miles. Moderate See the three falls that make Letchworth Park a prize jewel. 9:30 AM

Spring FLTC Alfred University Weekend Registration – May 21-23, 2010

Name(s) _____

Address _____

City _____ State _____ ZIP _____

Phone(s) _____ e-mail address _____

Local hiking club affiliation _____

Emergency Contact

Name/Relationship _____ Phone _____

Any allergies, medications, or illnesses you would like to disclose for your own personal safety?

Conference Registration	# of people	\$ amount
GVHC and FLT members \$10, Non Member \$15	_____	_____
Lodging		
Residence Hall \$48/person for weekend	_____	_____
Camping \$10/person/night	_____	_____
Meal Package (\$55/person, \$27.50 for kids 4-9)	_____	_____
TOTAL ENCLOSED (registration, lodging & meals)		_____

Hikes

Please indicate choice by letter for each day, and # of people for each hike

Friday _____ Saturday _____ Sunday _____

Please read and sign the following: Those persons enjoying the Finger Lakes Trail (FLT) and or activities sponsored by the Finger Lakes Trail Conference (FLTC) or any clubs conducting activities on behalf of, or in support of the FLTC, accept full personal responsibility for their own well being, or, for the well being of a minor when acting in the capacity of parent or guardian. Further, users of the FLT accept and understand that hiking is a rigorous activity often conducted in rugged outdoor conditions subject to the variations in weather and terrain conditions which may involve the risk of injury or death, and, that we are fully responsible for our own safety and selecting activities that are consistent with our physical capabilities.

Print _____ Signature _____ Date _____

Print _____ Signature _____ Date _____

Make all checks payable to Finger Lake Trail Conference, and mail your completed form by **May 3, 2010** to:

Finger Lakes Trail Conference, 6111 Visitor Center Rd., Mt. Morris, NY 14510